

# Arkansas Baked Almond Catfish

**Makes:** 6 Servings

"My family loves catfish, especially fried, but my dad and other family members have heart problems," says Aspen. "I wanted something that was healthier for all of us to enjoy. I love to cook and bake and this is really healthy, good, and easy to prepare. I watch cooking shows all the time and put a few ideas together in this recipe. I love it and hope you do, too!"

## Ingredients

- 2 pounds** catfish fillets
- 1/2 cup** low-fat milk
- 1** large egg
- 1 teaspoon** salt
- 1/4 teaspoon** black pepper
- 1 cup** breadcrumbs or panko (Japanese breadcrumbs)
- 1/2 cup** sliced almonds
- 1/4** onion, peeled and minced
- 1 tablespoon** unsalted butter, melted

## Directions

1. **Preheat the oven to 500°F.** Cut the catfish fillets roughly in half, so you have enough to feed 6 people evenly. Lightly grease a large baking sheet.
2. **In a medium bowl,** whisk together the milk, egg, salt, and pepper. In a separate bowl, combine the breadcrumbs, almonds, and onion.
3. **Dip the fish pieces in the milk and egg mixture,** then dredge them in the breadcrumb mixture, making sure they are evenly coated on both sides. Place the fish pieces on the baking sheet, drizzle with the melted butter and bake



## Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	273	
Total Fat	11 g	17%
Protein	28 g	
Carbohydrates	16 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	3 g	14%
Sodium	596 mg	26%

\*Percent Daily Values are based on a 2,000 calorie diet.

for 15 minutes, or until the fish flakes easily with a fork.  
The 2015 Healthy Lunchtime Challenge Cookbook